

Your 'me-time' holiday calendar

**When we make time to look after ourselves,
we are better able to show up for others.**

The holidays can sometimes be a little overwhelming. To support you, we've created this 'me-time' calendar to help you prioritize your mental health. The more you schedule time to look after you — using exercises and resources in the app — the more you'll feel on top of things, no matter how busy the season gets!

Friday, December 1

Count Your Blessings
Tips



Tuesday, December 5

Grounding with Your Senses
Audio



Thursday, December 7

**Small Steps to
Personal Growth**
Tips



Tuesday, December 12

Self-Care at Work
Activity



Thursday, December 14

Square Breathing to Relax
Mindfulness



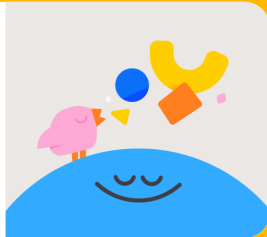
Monday, December 18

**The Importance of
Taking Time Off**
Mindfulness



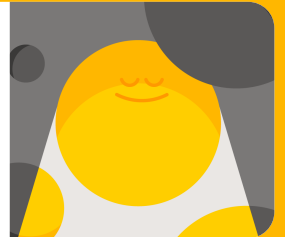
**Wednesday,
December 20**

Kindness Meditation
Activity



Tuesday, December 26

**Managing Seasonal
Affective Disorder**
Read



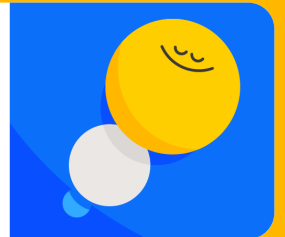
Thursday, December 28

Self-Soothe Writing Activity
Activity



Sunday, December 31

**Transition Time
Between Situations**
Read



🔗 View this calendar using your smartphone to access the in-app resources

**Your mental health journey is important,
no matter what time of year it is.**

Prioritize your mental health with Headspace Care. No matter where you are, when you need it, or what you're going through, we're here to provide confidential mental health support, offering text-based coaching, easy access to clinicians and a library of skill-building resources —all from the privacy of your smartphone.

